

Family Weekly Fruit & Veggie Challenge

Daily Recommendation:

Ages	2-3	4-8	9-13	Female 14-18	Male 14-18	Female 19-49	Male 19-49	51+
Servings	4	5	6	7	8	7-8	8-10	7

Day 1 – Date _____

Family Member:	Servings Eaten:	Daily Challenge:

Day 2 – Date _____

Family Member:	Servings Eaten:	Daily Challenge:

Day 3 – Date _____

Family Member:	Servings Eaten:	Daily Challenge:

Day 4 – Date _____

Family Member:	Servings Eaten:	Daily Challenge:

Day 5 – Date _____

Family Member:	Servings Eaten:	Daily Challenge:

Day 6 – Date _____

Family Member:	Servings Eaten:	Daily Challenge:

Day 7 – Date _____

Family Member:	Servings Eaten:	Daily Challenge: